



Senior Services is now Sound Generations

Updated June 24th, 2020

Project Enhance and COVID-19: Recommendations for Program Delivery

Dear Project Enhance Affiliates and Leaders,

We have received requests for guidance on best practices given the social distancing restrictions in our communities. We recommend all implementation be done in line with the policies of your organization and the current phase directives of public health agencies. Here are our recommendations:



Delivery Modes

- Evidence supports EW delivery via telephone or videoconference and delivery is ongoing without disruption. If phone-based meetings with EW participants are a good fit for your organization, please view our [recorded webinar](#).

Capacity Building

- Virtual EW Coach Training has been successfully piloted with three cohorts from five states and is now available. Please contact projectenhance@soundgenerations.org to schedule.



We recognize the difficulty people are facing due to the pausing of local EnhanceFitness (EF) in person classes in the community. Remote EF delivery is not permissible currently. To keep people moving during closures, we are recommending these free physical activity resources from the National Institute on Aging (NIA) and National Center on Health, Physical Activity and Disability, which offer a variety of inclusive videos:

- [NIH National Institute on Aging Physical Activity Guide](#)
- [National Center on Health, Physical Activity and Disability \(NCHPAD\) Exercising at Home: Strength and Cardio \(YouTube\)](#)

Delivery Modes

- As physical distancing restrictions ease and sites re open for in person instruction, key recommendations specific to EF are:
 1. Upon restart, individual EF fitness checks are to be administered. Many participants will be de-conditioned from class disruption. Functional assessments will provide important information to meet participants where they are and progress training safely and appropriately.
 2. Cuff weight sanitizing recommendation from All-Pro Weights: All Pro's products are not machine washable. For cleaning, you can hand wipe clean with a damp cloth.

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For sanitizing, you can use any fabric safe (nylon safe) spray disinfectant to sanitize the cuff weights.

- In-person classes are currently not in session in many parts of the country. If this is the case at your site, please know that:
 1. A virtual EF class delivery pilot focused on participant safety, progression in exercise training and social interaction begins in July and is being overseen by University of Washington School of Medicine research partners
 2. An “EF at Home” Maintenance Guide will be available to support participants

*We envision having in person, virtual and at home options ongoing in the future to meet community needs of diverse adult populations

Capacity Building

- Virtual EF Instructor Training is being piloted at the end of June.

Thanks so much for all you are doing to support your participants during these interesting times. Please stay safe—we have important work to do and a community that depends on us.

In support,

Your Project Enhance Team

www.projectenhance.org

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